

THE PAW PRINT

Spring 2019 • The Student Newspaper of LCCC • Vol. 5 No. 3

The Paw Preview

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Wanted!

Do you want to see your name in print here in The Paw Print? Consider enrolling in Journalism (CMN 225) for the Fall 2019 semester. Help document student life and news while expanding your resume in the field of communications. Meet with your advisor and fit Journalism into your Fall schedule.

Miller Keystone hosts blood drive

Emily Tedesco

Writer

The Miller Keystone Blood Center comes to Lehigh Carbon Community College every year seeking donors to take part in its Blood Drive.

The blood drive is an event that takes place in the Student Union building where students and faculty can donate a pint of their blood to help others in need. You can sign up online, but walk-ins are welcome. A quick medical examination is performed to make sure you are in good health to donate.

Miller Keystone Blood Center is the supplier to 29 hospitals in the region and needs to collect approximately 450 units of blood in the 12 counties it serves, according to the Senior Director, Development, Marketing and Recruitment of Miller Keystone Blood Center, Michael McShane.

"Forty percent of the population is eligible to donate blood, yet only four percent do," McShane said. "Everyone will know someone who needed blood in their lifetime. Anyone who is in good health, of 16 years of age or older, and weighs more than 110 pounds, may donate whole blood every 56 days. Plasma can be donated every four weeks, and platelets up to 24 times per year."



Photos courtesy of Miller Keystone Blood Center

About 43,000 units of blood are used each day in the United States. Every two seconds, someone in the United States requires a blood transfusion.

"The gift of blood is the gift of life," McShane said.

It is crucial that LCCC students donate April 8 during this year's spring Blood Drive. There is no other substitute for human blood so giving a pint is vital if you are capable.



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THE PAW PRINT Contact Information

Please direct all questions, concerns, and comments to the following address:
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Words from the editors

Devyn Pugh
Editor

Dealing with change is not easy at all. Big or small, all decisions impact your life and can be scary to make.

I have gone through big changes in my life. Not too long ago I went to college for the first time... a huge change. Now, in about three months time, I will be graduating and going to a 4-year university, an even bigger change.

It always feels like as soon as I get used to something, it changes. This isn't necessarily a bad thing but it can feel like it at times. Especially when a lot of changes happen at once, all of which are unexpected.

I recently started a new job. I started this new job after my old job shut down. I was very hesitant at first because I was losing a family that I had for the past three years. After I started my new job and started to get

William Tkaczuk
Editor



I've been having a recurring dream for about two months now. I wouldn't necessarily classify it as a nightmare, that would be a bit dramatic, but it's never a fun time. They start innocently enough, just the average surreal nonsensical stuff, but then everything comes to a halt when, out of nowhere, I start losing my teeth. When I wake up and realize my teeth are okay a wave of relief rushes over.

This started weirding me out about four nights in. I began looking up why we dream, how we dream, and what influences our dreams, which is when I stumbled across an article on dream interpretation.

My dream in particular had several

used to it, great things happened.

I've become closer to my friends, and even made new ones. I've gone to new places and met new people that I might not have liked at first but, got used to eventually. I had experiences because of this change and that is why I am trying my best to embrace change in the best possible way.

It isn't going to be easy but, it will be interesting and that's all that matters. With that being said, I encourage you to embrace all of the change that comes into your life. If you meet someone new, embrace them. If you apply for a new college, embrace it.

Don't be afraid of change, embrace it.



Devyn Pugh

potential meanings, both negative and positive. I could have been losing my teeth because I'm yearning for my youth, as in a toothless baby. Or I could be afraid of getting older, losing my teeth as I age. The consensus seemed to be that I was nervous about an upcoming change in my life, which really makes sense.

I'm transferring to Temple next semester. I'm moving, by myself, to a city I only kind of know, surrounded by people I definitely don't know, doing a lot of things for the first time. But why does my brain try to get this across by making me think I've lost my teeth? I know I'm nervous about Temple. I'm kind of a nervous person in general. Why does my brain feel the need to confirm that for me while I'm sleeping?

William Tkaczuk

Information & Policies

THE PAW PRINT is a student-run campus newspaper, printed to bring its students and community comprehensive coverage of the news and events affecting our campus. The editors encourage interested students to become involved in the production of The Paw Print. Interested students should contact the newspaper via email (pawprint@lccc.edu).

Students and community can also access THE

PAW PRINT online at lcccawprint.net. The newspaper will be updated twice per semester. PDF forms of the printed newspaper will also be accessible shortly.

The editors and advisors are the decision-making body of the newspaper and governs its operations. The paper is dedicated to accurately reporting on the activities and proceedings on campus and in the surrounding areas. Opinions and views expressed in the newspaper are those of the journalists and editors, and do not necessarily reflect the views of Lehigh Carbon

Community College.

THE PAW PRINT reserves the right to make changes and corrections as they are deemed fit, and will not promote or advertise any illegal products or services. The newspaper will not invade the privacy of people, involved or likewise, and will not print anything deemed libelous or in poor taste.

THE PAW PRINT editorial policy reflects the ethics of college journalism. The paper, both as a whole and as the journalists individually, strive to protect and uphold this policy at all costs.

news & features

Hot stuff: college holds 1st Chili Cook Off

Vanittah Mwangi
Writer

Faculty, staff, and students gathered to celebrate Lehigh Carbon Community College's first Chili Cook Off on February 1 at 11 a.m.

An amazing array of competitors ranging from the first time chili cookers to veteran cookers all came out to put



Photo by Vanittah Mwangi
Pat Donohue with her "Winter White Chili"

their chili to the test. Intricate chilis varied from the cleverly named Bird Box, to Chili Chili Bang Bang from Cindy Haynes, Vice President for Enrollment Services, who uses her own seasoning made from scratch. Haynes also walked away with the coveted first place spot.

"Mine was made with love," Kescha Bell-Ross, Academic Services Generalist and third place winner, said when asked what makes her chili stand out from the rest, "and a lot of late night cooking."

The chili cook-off was not just a platform to find out who makes the best chili on campus. It also had a hidden agenda. Event goers were also encouraged to bring in canned goods for LCCC's food pantry. The canned goods will go to the Cougar Cabinet located in Berrier Hall, which is open to anyone in need.

The cook-off was originally organized for faculty and staff, but later expanded to involve students.

"One of the instructors may have gotten hold of the College Voice and thought it would be great to get students involved. How could we say no to students?" Tina Dowling-Hackett, Lehigh Carbon Community College Event Planner, said when asked why they decided to include students.

"Mine was made with love, and a lot of late night cooking."

When asked if the college was planning to do this event again next year, Ginny Hertzog, Event Organizer and Administrator in Registration and Student Records, responded, "Absolutely. I love the turnout and it can only get bigger."

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Annual 5k run benefits disabled individuals

Daniel Melin
Writer

When many people come together at a church early in the morning, intense exercise probably isn't the first thing on everyone's minds.

But for the 64 participants who raced one another February 9 at St. Paul's Lutheran Church in Allentown to raise money for people living with disabilities, it's all they could think of.

The event is known as Cupid's Chase, a 5k run held by Community Options, Inc. With an outreach in over 49 cities, the organization uses the funds raised by racers to enrich the lives of disabled individuals in the United States. This includes providing licensed employment and home adaptations directly to the individuals.

The event runs every year and is open to both prospective runners and supporters. Runners may choose to participate individually or as part of a team. Vendors were also stationed inside the church, selling various Cupid's Chase and Valentine's Day merchandise

including candles, bath bombs, t-shirts, and more.

Jessica Pahountis, head coordinator of Cupid's Chase and representative of Community Options, Inc., hopes the event can spread awareness and the importance of providing opportunities to people living with disabilities that they might not otherwise have. Working in the field for six years, she stated that the impact being made is fulfilling.

Pahountis was pleased with the turnout this year, though she hopes to move to a larger location in order to attract more supporters.

"I'm glad there's as many people who come out to support; I wish it was more... It's a great cause," Jason Wright, a frequent runner and continuous supporter of the Cupid's Chase event, said. Wright also expressed his hope to change locations, as well as possibly running similar events in the summer.

Donations reached a collective of 2,675 dollars this year.



Valentine's Day beauty and relaxation kits are sold.



Photos by Daniel Melin
A sign for Cupid's Chase is stationed outside of St. Paul's Lutheran Church.

BookShare encourages students to read

Rebecca Zeitler
Writer



Many college students don't read outside of the classroom. The Rothrock Library at Lehigh Carbon Community College wants to change that.

The library has several shelves dedicated to the use of the BookShare, which is open to all students as well as faculty and staff. The BookShare can be found in the library's front entrance and can be accessed during the library's

normal operating hours. Both fiction and non-fiction titles of all genres can be found by those curious to discover them.

As the BookShare is separate from the rest of the library's collection, no book from the BookShare needs to be checked out before being taken home. Similarly, anyone can donate his or her books by either placing them on one of the BookShare shelves or by leaving them at the Service Desk at Rothrock Library.

The only rules for what can be donated are that the item being donated must be a book, it cannot be a textbook, and it should be in decent shape.

The BookShare was originally started in 2015 by a group of students and faculty from the English department as a way to encourage students to read in their free time.

There is no formal management running the BookShare, according to Richard Paterick, an assistant professor and librarian at LCCC; however, the library does maintain the shelves' upkeep and sees that only books are kept there.

While the largest collection of books within the BookShare are found in the Rothrock Library on LCCC's main campus, there are also dedicated shelves located within many of LCCC's satellite campuses.

BookShare locations can be found in the student lounge areas of the Morgan Center and Jim Thorpe campuses, and in the library and tutoring room of the Allentown campus.



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Graduates reflect on their time at LCCC

Michael Reichenbach

Writer

The days have come and gone, and it is time for future graduates to reflect on the best memories of their days at Lehigh Carbon Community College.

Some memories might be those where you were given a great opportunity and you took it and ran with it.

“My favorite memory at LCCC is being able to meet, and come in contact with two professors in my arts department that were really helpful over time and they were really great professors,” Jada Morton, art major, stated.

She continued, “And one of them gave me an extremely amazing opportunity over time and to increase my art process and my journey into eventually get into the college I wanted to.”

Sometimes the best memories are the little things that happen in life.

“One of my favorite memories at LCCC was when our professor informed us that we did not need to purchase



Fayssal Sallit

the books for his class,” Fayssal Sallit, computer science major, said.

Sallit would go on to further explain that his professor had printed out handouts from the book.

What is better than food? Easy, food you don't have to pay for. For one student that was his favorite memory.

“My favorite memory of LCCC is getting free pizza,” Education major



Photos by Michael Reichenbach
Austin Hefflefinger

Austin Hefflefinger said.

When asked why this was his favorite memory, he simply said, “Because it was free, and it was pizza.”

As graduation inches closer it's nice to be able to reflect on the memories that students have of their days at LCCC.

Whether it's your professors helping you out in different ways, or sometimes it's as simple as a free piece of pizza.

Dual-enrollment offers new possibilities

Alexandria Maaser

Writer

Lehigh Carbon Community College has provided high school students from the local school districts with the opportunity to dual-enroll in classes for over 16 years.

Dual-enrollment is offered to both juniors and seniors in high school, allowing them to take either full time or select classes for college credit before graduating. About 25 schools are partnered with LCCC in this program, though every school's program is a little different.

“[Students] save time, save money, and get the real experience,” Jennifer Aquila, Director of High School Connections, comments. She has worked with LCCC on dual-enrollment for 10 years.

Every school year, around 2,000 high school students take advantage



“I like the independence of it, and not having to be watched by teachers and have my own schedule.”

of the program. Roughly 1,200 students take classes in the fall, and 800 take spring classes. About 50 students take full-time classes at LCCC, while the rest take a class or two while still attending high school.

“...It's a nice opportunity to figure out what you really want to do,” Aquila says.

Dual-enrollment offers high school students the chance to validate what career path they may want to pursue and also experience the college life. Aquila added that another aspect of the program is that students' grades appear on their transcript.

“I like the independence of it, and not having to be watched by teachers and have my own schedule,” Frances Russin, a Parkland senior in the dual-enrollment program, says.

“I think it's like my personality fits doing dual-enrollment, since I'm an independent person.”



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Academy's study session helps students

Shawnee Geiger
Writer

The Academy, a study session for students, meets on Fridays from 9 a.m. until noon across from the Morgen Center in Tamaqua. It's held in the Scheller Center which is where Tamaqua's bookstore is.

The Academy is a way for students to have a place where they can study and do homework without distractions. It is also a place where the students can meet other students. Each student comes prepared with either questions for tutors or homework they have to do, along with things they might have to study.

"The students who go to the Academy have a 96 percent retention rate from the fall to the spring semester," Melanie Turrano, professor, English, Arts, Communication and Design, and the person in charge of the Academy in Tamaqua, said.

The Academy started in the fall semester of 2016. It includes refreshments free of charge, and provides a place on Fridays where students who are not attending classes can have free wifi and a space where there wouldn't be any distractions.

Students have positive things to say about their experiences.

"A quiet distraction, free place to get help to work," Paula Schuetrum, a student who has been there since the Academy started, said.

"A place to help you with your studies," Frances Kabana, a dual enrollment student, said.

"First, extra credit points; second, doesn't have my son in my ear

and no clients; and third, me time," Margaret Looney said.

The Academy which is already at Tamaqua and Allentown, is looking to expand to Main Campus.



Working adults can earn bachelor's degrees

Jennifer Garcia
Writer

Lehigh Carbon Community College offers on-site bachelor's degree programs through Albright College and Bloomsburg University geared toward working adults.

"It's a well-kept secret," Ginny Mihaalik, Transfer Counselor/Professor/Academic Advisor, said. "It's very convenient . . . They're evening or online classes. Bloomsburg is a hybrid, so they're either here or they're online. Albright accelerated classes meet one night a week. It's the same night every week for the two years that students are completing their bachelor's degree program. They're really good opportunities."

One of those opportunities offered through Bloomsburg University is a Bachelor of Applied Science in Technical Leadership. The program was started as a means to close the skill gap between those retiring and new gradu-

ates entering the workforce.

Bloomsburg and Albright bring their programs to LCCC so students can take the courses on campus, without having to commute. Classes are offered either online or at night, and are structured, making it manageable for students to

Dr. Carol Adukaitis, Director, Bachelor of Applied Science Program, said. "So, give me 60 and now you and I will work on the next 60. I say to students, you want to get the degree first because even if something happens and you don't start the Bloomsburg program immediately . . . you'll be able to get a job."

Six bachelor's degree programs are currently available. The other five offered through Albright include: Accounting, Business Administration, Crime and Justice, Computer and Information Systems, and Organizational Behavior/Applied Psychology.

More information about the programs can be found by going to the lccc.edu transfer services page and clicking on University Center & On-Site Bachelor Degrees link.



maintain employment and other responsibilities they may have.

"Finish your associate degree first because then you already have 60 that drops automatically into our program,"

Drones used to improve industrial safety

Don Logeman
Writer

According to Occupational Health and Safety, 650 lives were lost in 2018 from confined space incidences. Sixty percent of those were the people we depend on to rescue us in the event of an accident.

OH&S has established strict training certifications for those who find themselves having to enter these spaces to perform their required tasks on equipment inside the confined space. Each person must complete the confined space training and take a written test to be certified to work in the confined space environment. To remain current, they have to recertify every two years.

Since the invention of the drones, companies have developed a drone specially for the confine space industry and produced the Elios inside inspection. The Elios is made in Switzerland and

has proven to be an asset for worldwide industry. They have been under keen eyes to see how it effects the confined space area.

Areas of interest are the savings of man hours spent on pre-inspection testing, equipment loss due to contaminated spaces, and the lives that are saved each year by being able to conduct pre-entry prior to any work in the space. Workers would know what to expect and can identify hazards that could otherwise end their lives from exposure.

Drones are currently used at LCCC



by Wendy Barron, professor and coordinator, Media Communications, Arts, Communication and Design in the TV/Film area, and by professor John Loughman in the area of Science.

For more information on confined spaces, go to <https://blog.flyability.com/casestudies>

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Opinion

Can money buy you happiness?

Devyn Pugh

Editor

Despite what you may think, money doesn't necessarily buy a person happiness. It all depends on what your definition of happiness is.

People would argue that money is what keeps us alive so, in turn, it is a form of happiness. I would argue otherwise. Money is a form of comfort. Yes, we need it to survive but, happiness is something completely different. Everyone has a different definition of happiness. Here's mine.

Happiness is sitting outside on a warm, sunny day drinking water and reading a book. Happiness is sitting around a fire with my friends and talking about our life problems. Happiness is seeing my family, reminiscing about the past, and dreaming of the future. None of these things require money.

Try sitting back and thinking about your definition of happiness. What makes you happy on a day to day basis? Does it involve money? If it does, I encourage you to try and find something that makes you happy that does not require money.

Now, I'm not saying to never go skiing again because it costs money and makes you happy. I just think you may find more fulfillment if you find happiness without money. There are people in the world who don't have money but are happy. Money is just a form of comfort. Skiing is comfort, not happiness.

In today's society, it is very hard to determine if money can actually make

kept you sane. If you didn't have a job to make money, you would be bored out of your mind. If you didn't have money, there was no way you could believe in God, therefore you were an atheist. People back then needed money to survive. They would live on the money they made the day before. There was never extra money to do what they wanted.

Today, the cost of living is expensive and there are still people who struggle to make ends meet on a day to day basis. But, money has become something that we want more than something that we need. Obviously, we need money to survive because without it, we would have no food, no shelter and no clothes but, society has made money a form of competition and status.

I hope that after reading this, you start to question what makes you happy. If you are questioning your happiness, I encourage you to leave your comfort zone to find what makes you happy. Life doesn't wait for anybody, neither does happiness.



a person happy. We need money to do almost everything that there is to do.

Back in the 1800s, money was seen as a form of religion. It was something that

Online classes offer students many benefits

Hannah Mills

Editor

Every year millions of college students take online classes. This option has become increasingly available to students nationwide. According to government data, 6.3 million college students took at least one online course in 2016.

One reason that you as a college student should consider taking online classes is the flexibility they offer. There is no set class time, so study time can be shifted around to fit your schedule. An online course may also have flexible start dates, or may even be a self-paced course designed to fit in with the college student's busy life.

Some online courses are much cheaper than on-campus courses, so that makes

this option more attractive to students looking to save some money. Taking online classes also means not having to commute, which will save gas money.

If you're concerned about the lack of support from a professor or other students, don't be. Your professor will still be available to answer your questions, and you still will have access to online tutoring.

But before enrolling in an online class, be aware what your learning style is, and whether an online class with just textbook reading and quizzes will work for you, or if an online class with video lectures or other projects is more your style.

Not all classes are ideal for an online

format, so take that into consideration when considering taking online classes. Science courses and labs will be better in the classroom.

Some subjects, like math or history, may work just as well in an online format. If you are the kind of person who can read from a textbook and complete online assignments and papers independently, then an online course may be right for you.

Online classes vary between schools, but they are a great way to save money and fit college into your life. As a student, you should seriously consider taking online classes.

The meaning of life, revisited

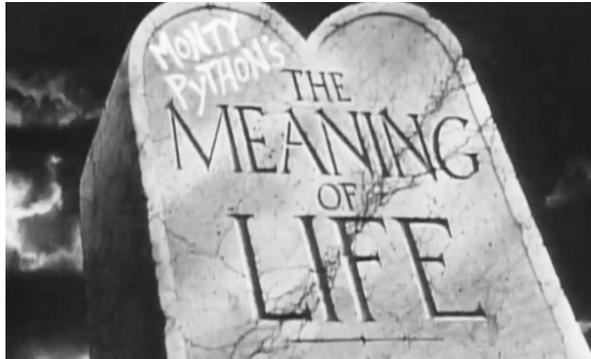
William Tkaczuk
Editor

I recently rewatched Monty Python's *Meaning of Life* and was taken aback by how a movie from 1983 was so relevant to today. Not only do the skits still hold up, they have moments of biting social commentary that everyone can still relate to. These brief glimmers of enlightenment are usually followed by pallet-cleansing slapstick comedy, but the film really shines when societal topics are being lambasted comedically.

One of these moments is when Eric Idol, dressed in a pink tuxedo with tails, pops out of a refrigerator and sings the "Universe Song" in an attempt to convince a woman to donate her organs. The song essentially gives listeners an idea of the universe's

scale, emphasizing the feeling of insignificance.

It's overwhelming to find meaning



in a place so expansive and empty, yet it's something that people have sought since the beginning of recorded history.

Ideologies come in many forms, whether they be religious beliefs, philosophical theories, and even in the logic of math and science. Because all are limited to what we can experience on Earth with current technology, there really is no physical way for any to answer existential or theological questions.

So instead we look within. At the end of the film, after much buildup and fanfare, the meaning of life is shared: "Try being nice to people, avoid eating fat, read a good book every now and then, get some walking in, and try and live together in peace and harmony with people of all creeds and nations." The sentiment is that we're all here in similar answerless positions, so you should just try to make your time here a positive one.



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In Focus: Student Study Stations



The Community Services Center

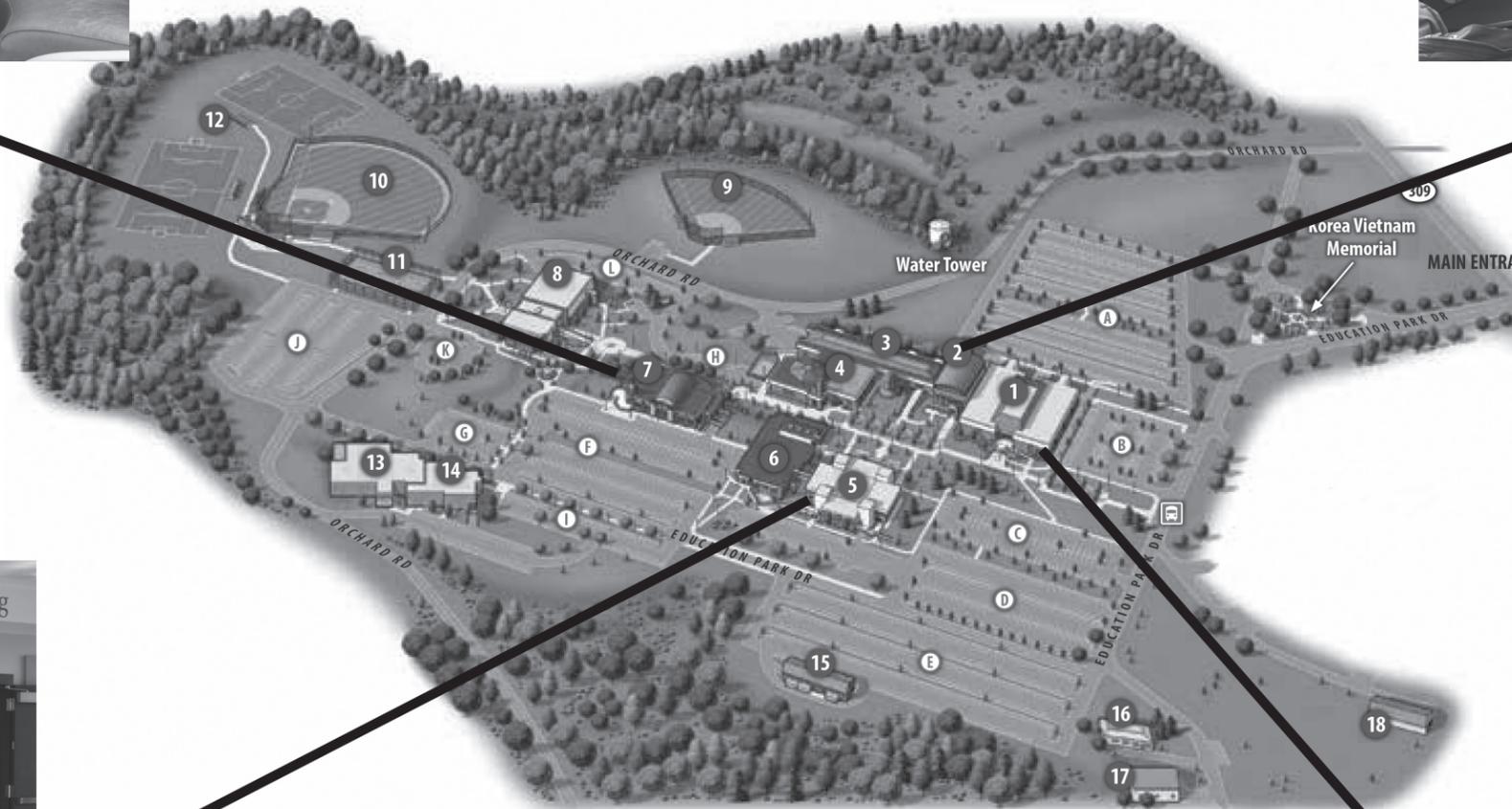
Veronica Rosenberger enjoys the relaxed atmosphere at the Lisa Scheller-Wayne Woodman Community Services Center



The Science Hall

Devyn Pugh appreciates the high ceilings and brightness of the upper level of the Science Hall

"I feel as though the openness enables me to keep my mind clear and allows me to focus on the task at hand," Devyn explained.

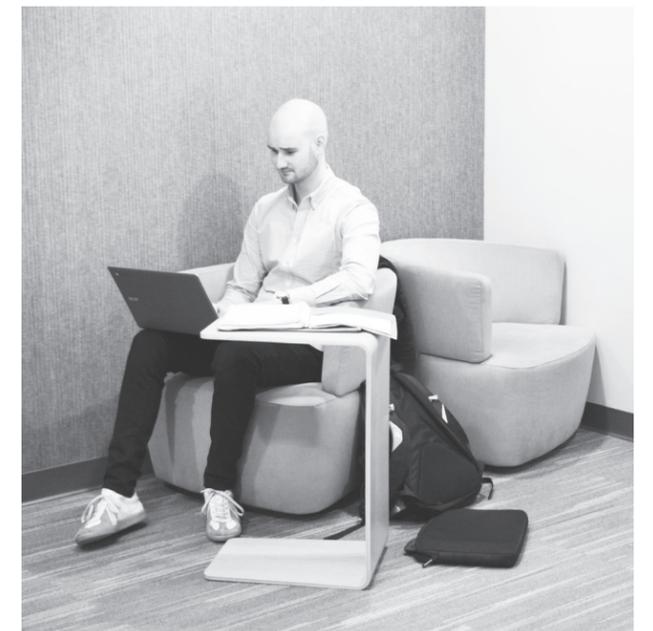


The Connections Crossing

Alyzabyth Delong enjoys the bright sunshine as she studies in the walkway connecting the Academic Resource Center and the Technology Center

Student Services Center

William Tkaczuk likes the comfortable seating and bright colors in a nook at the ground floor of the Student Services Center



health & fitness

Volunteers benefit Habitat for Humanity

Madison Healy

Writer

Habitat for Humanity is a non-profit organization and has two locations in the Lehigh Valley. The organization builds homes for people whose houses have been affected by natural disasters or in bad parts of cities. The organization does mostly volunteer work, and it has ReStores all around the United States for people to donate any money or items that are then given to people in need.

You can work for Habitat for Humanity, and you can purchase a house through Habitat for Humanity by dona-

tion or shopping at a Habitat Restore near you. They offer great prices and anyone can go there. You can get gently used appliances, building materials, and used furniture. All proceeds from ReStore sales support Habitat for Humanity's mission to make sure everyone in the world has a decent place to live.

Whiting Turner Contracting Company worked with Habitat for Humanity and helped rebuild a house for a family. Erik Healy has been working for Whiting Turner for 26 years and has worked with Habitat for Humanity to give back to his community. Healy also had his son Jackson help out for a few days to let him get good construction technique and also how to correctly



use machinery.

"I have been involved with Habitat since the early 90's and the joy and rewards of giving back and to see the faces of the family(s) living there are priceless," Healy said.

Habitat for Humanity also offers the Ameri-

Corps, which helps members and alumni travel to select cities to help local Habitat offices meet the need for affordable housing. To get more information on this topic, go to the AmeriCorps facebook page. Last year they went to Iowa and Colorado to help out those offices. It's a great way to see the world and help out other communities.



Photos courtesy of Jackson Healy

L.L. Bean hosts weekly yoga classes

Shayna Frey

Writer

The L.L. Bean store at the Promenade Shops in Center Valley offers an all-level free yoga class Sunday mornings from 9 a.m.-10 a.m.

As adults, it is normal to feel stressed; schoolwork, jobs, bills, family and friends all come into play, and it's easy to forget about taking time to listen to your body. Donna Kohut is the Outdoor Program and Outreach Coordinator at L.L. Bean, who runs the yoga classes.

"We go through lots of seated, standing, and balanced poses," Kohut said, "and we practice vinyasa, as well as shavasana at the end of the hour."

Kohut recommends those who attend bring their own yoga mat, water, and any props you would like if you so desire. She also recommends an extra layer of clothing, like a jacket, because the final pose,

shavasana, requires laying on the floor, which may be cold. The class is open to all levels, from beginner to master. To sign up, go online to L.L. Bean's website, where you can register and fill out a waiver form for the class.

Kohut shares her best advice for taking yoga classes.

"Instead of thinking about what the pose should look like, think about how the pose will benefit you," she said. "It should not look perfect, but feel good when you are doing it."

There are many benefits from partaking in yoga. Yoga lowers blood pressure,



increases flexibility, increases muscle strength, and it even improves your mental health. Thus, yoga is an effective way to take care of yourself, and listen to your body.

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Racing to end childhood cancer

Megan Vrablic
Writer

The Pediatric Cancer Foundation of the Lehigh Valley is holding its 10th annual 5k on April 13 at the Ironton Rail Trail in Coplay.

The day's events include a 5k walk, an 8k run, and Kid's Fun Run. The proceeds from these events are used to support families in the Lehigh Valley who are battling cases of childhood cancer.

Registration begins at 7 a.m. At that time snacks will be available to participants and supporters. The 8k run begins at 8:30 a.m.; the 5k will start shortly after at 9 a.m.

The Kid's Fun Run will kick off at 10:30 a.m., and prizes will be announced at 11 a.m. This year's 5k will include three team categories: corporate teams, school teams, and family/friends teams. Groups from schools and businesses are encouraged to participate

in the event with prizes for the top team of each category, and a prize for the Most Spirited Team.

All 5k and 8k participants who register by March 13 are guaranteed a shirt and a goodie bag. Participants who register after this date will receive items on the basis of availability.

For all attendees, there will be entertainment and tables set up with information about community organizations and upcoming events.

What this year's fundraiser will achieve is in the hands of the community and event participants, so make a commitment to walk or run in support of the families in the Lehigh Valley battling childhood cancer.



The PCFLV holds these events regularly and all proceeds go towards helping youth with cancer throughout the Lehigh Valley.

Benefits of working in fast-food

Julia Malave
Writer

Balancing schoolwork, going to work, while maintaining a social life is the common lifestyle of any typical college student. But how can working in the fast-food industry affect your life?

According to Kristin Cheers, contributor to the Huffington Post, "Fast-food places are not only training grounds to learn work ethic and hard work, but to gain skills needed in the areas of business, marketing/PR, management, accounting, sales, engineering and technology."

Of course, the thought of being at the beck-and-call of multiple people, working part-time while being paid minimum wage, and surrounded by food that you can't eat is unappealing to most people, but it's an experience, nonetheless.

As a first job, working fast-food is a good place to start getting connected with a diverse group of people and learning responsibilities.

"Fast-food places are not only training grounds to learn work ethic and hard work, but to gain skills needed in the areas of business..."

"I always think that I've benefited (from working at McDonald's) because I now understand how hard people have to work to earn the money they have," Allison Dugan, a Lehigh Carbon Community College student and part-time McDonald's employee, said. "I'm

able to tolerate a lot more than I would have with any other job. I'm learning how to deal with stress and learning customer skills."

Dugan also stated that McDonald's is flexible with her hectic schedule, allowing her to dedicate days for studying. Understanding that every first job isn't perfect, it's certainly an experience that will ultimately give you the communication skills and tools you'll need to take into any future endeavors.

It's a job that demands your attention to detail while requiring you to be tolerant and vigorous in getting the job done, and learning what actions to take if things go array.

Dugan's experience is one of millions across the world and not everyone can attest to it, but it's the opportunity of gaining more communication skills and experience along the way.



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*Laura P.
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style & entertainment

Movie Tavern creates jobs for students

Ish Singh
Writer

The economy is unpredictable. It can move in any direction, and jobs are often scarce. That is no exception in the Lehigh Valley.



Movie Tavern celebrates a successful opening night.

The jobs available are limited, and that puts stress on students who have bills to pay. In addition, many people who are students need part-time jobs so they can continue their education.

In August 2018, a new company, Movie Tavern by Marcus, acquired land in Allentown and created jobs for many people, and that includes students. In fact, many of the employees are students. The reason why many students look forward to getting hired there is because they are flexible with their schedules.

“I love that I can choose my hours,” Victor Michael, employee, said.

Movie Tavern operates between 8 a.m. until the last movie ends which can be any time after midnight.

The two most sought after jobs for young adults are serving or running food. Both provide adequate income for tuition.

In addition, you can also move up within the company. Many hardworking employees can improve their paycheck by advancing to managerial positions. That means you can have a career after you graduate college.

You get a 30 percent discount on food including free popcorn and soda while you are working. You are also allowed to bring one additional guest who shares similar benefits.

Altogether, Movie Tavern by Marcus has created jobs and is always hiring for anyone needing one.

Grab pupcorn for the dog show

Suli Contreras
Writer

A dog show took place on February 9 at the Allentown Fairgrounds where dogs competed on their abilities and were judged on their appearance.

The dogs present ranged from Pomeranians and Chow Chows to Golden Retrievers and Great Danes.

For practice, the dogs had time alone to work on the agility course. Their handlers would guide them through, shouting words to indicate what they wanted the dogs to do. The dogs were very enthusiastic, even when they were in the audience. During shows, there are no dogs present on the sidelines, but they are for the rehearsal. The dogs in the audience bark and whimper while watching others perform. They see the course as a playground, and become jealous when they see other dogs running through it.

If the dogs make a mistake, their handler will stop their routine, and guide them back to where they made the mistake. Without correction, the dogs think

they can get away with it, which they need to be trained against.

Vendors were set up along the borders of the arena, selling dog toys,

“It was so cool seeing the dogs run and jump with finesse. I can’t believe how talented they are, both the handlers and the dogs.”

treats, shirts, and even customized blankets with faces printed on them.

“It was so cool seeing the dogs run and jump with finesse. I can’t believe how talented they are, both the handlers and the dogs,” one audience member said.

These dogs are much more than just companions. They are performers and workers with a goal to please their handlers and to have fun.



A dog’s owner does last minute grooming before it’s their turn to perform.

This event was run by the Lehigh Valley Kennel club. The organization has been around since the early 1900s, and helps owners of purebred dogs gain resources to better their lives.

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Students contemplate sociability at college

Maria Rehrig
Writer

So ... college isn't a wonderland full of new friends waiting at the entrance?

Growing up, college is portrayed as a place where lifelong friendships will develop. But what if there are underlying presences preventing that?

Students escape social cliques in grade school, looking to college as the fresh start they need in order to open up and make new friends. Students



also escape the fear of eating lunch alone. That being said, just look around any college campus. The students are either sitting with a group of close friends or sitting alone.

Students are more comfortable relaxing with peers they already know, so when sitting with friends isn't an option, they opt to sit alone rather than with the student at the table next to them.

"It's just easier to spark up conversation with people you already know. You just have more stuff in common," Aaron Joyce, a Lehigh Carbon Community College student, said.

As students who have grown up dreaming about "the college experience", it's important to push the



limits. You don't know if the girl sitting alone is interested in conversation, so perhaps it's time to strike up discussion. Sit next to the stranger, wave to the loud group of five in the cafeteria.

Is college a wonderland full of new friends waiting at the entrance? Putting yourself out there is the only way to find out.

It's a bird, it's a plane, it's Comic-Con

Ryan Rushe
Writer

From beloved superheroes and villains to comic book artists and many more, all were at the Lehigh Valley Comic-con that took place February 9, 2019 at the Community Services Center at Lehigh Carbon Community College.

The event was from 10 a.m. to 4 p.m. with a \$6 admission price. Guests



Brianna Dearing attended the event dressed as DC's Harley Quinn.

who came to the event dressed in costume received a \$3 discount.

"The Convention started in the late 1980s back when comic conventions were so popular," Karen Rollo, who hosted the event, said.

It has grown significantly over the years between all the movies and comic books that have been released. Everybody who attends these events now knows what different characters there are, whether it be bringing back classic originals to the scene or bringing new ones into action.

Whether it be the classic comic books, the rare collectible toys, the cosplay or a way for upcoming artists to display their talent, there's one thing that is clear on why so many people attend this spectacular event: It is a community when you come here.

"The community in the Con World is so inviting, I love it. I could never say no to this wonderful event," Brianna Dearing, cosplaying Harley Quinn, said.

"Harley Quinn is my most frequent Cosplay because I can relate to her in more ways than one. She's a fighter no matter how much she gets knocked down. She always has the courage and the audacity to get back up and keep fighting for herself."



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A helping hand for students with children

Collette Portner
Writer

Lehigh Carbon Community College is unveiling a new program for students with young children. These students will soon be eligible for grants for their children for child care.

LCCC recently took action by creating the program: Child Care Access Means Parents In School (CCAMPIS). It will be available for the 2022 school year, and the children can be anywhere from infant to school-age.

The goal of the program is to help 15-20 students pay for child care and take that expensive burden off their shoulders. LCCC wants to allow parents to be able to achieve their goals of higher education while allowing the children to receive high standard quality care.

"Affording high-quality child care can be a barrier for many students who



"Parenting while going to school is a tricky balance."

are also parents," Kathleen Mean, project director of CCAMPIS, said. "This program breaks that barrier and allows the student-parent to have access to higher education. Parenting while going to school is a tricky balance."

The requirements for CCAMPIS

are to be a student/parent who holds a 2.0 GPA and is taking six credits. The student/parents must fill out the FAFSA and be Pell Grant eligible.

LCCC currently has a Learning Center for children of students, and the grant will now be accepted there. The student/parent now has the option of using the grant at a different accredited child care facility with the child being there for at least two days a week.

School is demanding for anyone, adding a child into the mix brings even more stress, but letting the students know there are resources, brings opportunity.

Applications for the program are currently being accepted, and can be downloaded at the college website under the Tuition and Financial Aid heading.

Spreading mental health awareness

Cayla Novicki
Writer

In today's world, it's hard for a lot of people to be accepted as who they are as a person despite the differences.

Everyone has their own way of living, and not every way is the same. There are people who grew up in this world and their minds didn't function the same as others. School, jobs, and everyday living are harder to get through when there's something in the way all the time. Mental health awareness isn't spread as widely as it should be in today's society.

"There are good days but with the good, there's always the bad days that follow. It seems as though there's more bad than good."

"Every day is a struggle," Brandon Debolt, a senior at Northern Lehigh High School who struggles with mental health, said. "People don't understand the mentality of someone with mental health issues. It's hard every single day.

There are good days but with the good, there's always the bad days that follow. It seems as though there's more bad than good."

With the drug epidemic skyrocketing within the past couple of years, one of the leading causes of drug use is mental health. People aren't getting the help they need when they need it the most. Students are having a hard time in school and it's affecting their grades.

"Going to school and trying to succeed has to be one of the biggest anxiety triggers because there's always failure lingering in the back of your mind," Debolt said. "This is something that should be taught and talked about more in school so kids don't feel so alone, and your peers would actually be able to help you with some things. Not only in school, but across the world. Yeah, maybe we're not 'normal' but we're trying."

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Sechler finds managerial skills through BASTL

Bradley Sechler '18 likes being hands-on, and over much of the 34-year-old's career that has combined computer and manufacturing know-how, he has looked to sharpen his technical skills.

After graduating from Northeastern Lehigh High School in 2003, Sechler earned twin associate degrees from Lehigh Carbon Community College in computer networking and electronics technology. He also became certified in Cisco networking and computer maintenance and repair from Lehigh Career & Technical Institute.

After initially working as a computer technician at Lutron Electronics, in 2004 he took a job at Mack Trucks. Three years later he had worked his way into management, first as a supervisor and then in 2017 as a product structure manager. In his current position, Sechler ensures that particular features, such as a special extending boom for pouring cement, make it from the client's initial order to a truck's final build-out.

"My company said I should take more business management-type classes so I could move up the ranks as a supervisor-manager," said Sechler, who lives in Longswamp Township, Berks County, with his wife, Merissa, and their two dogs and three cats.

With a mix of classes covering topics such as conflict management, intercultural communications and leadership of teams in person and remotely, Sechler said that Bloomsburg University's Bachelor of Applied Science in Technical Leadership program (BASTL) was the perfect fit.

The flexibility of the program, with half of the courses online and the others taught at his local community college, made it easy to balance his studies and a full-time job. At one point, Sechler traveled to Florida on business for a month, and the virtual nature of the program allowed him to not miss a beat.

And he was able to immediately apply much of what he was learning in the program. Classes on data tools such as Excel helped him to better analyze sales data to learn what types of packages and equipment are frequently ordered. Classes on communications and recognizing various learning styles helped him better manage his team.

"Mack's workforce is a little older, and I supervise people in their 50s and 60s. So there is a little bit of a generational gap, and the courses helped me find better ways to teach them what we needed to do," Sechler said. "I also tend to overexplain things, and the courses helped me find a better way to work with my team."



BRADLEY SECHLER

"If you're thinking about moving up, the program definitely gives you skills you'll need, especially on how to resolve different management issues," said Sechler, who graduated from the BASTL program in May 2018. "Learning is always good, and especially in today's workplace, you can never stop learning."

Learn more at bloomu.edu/bastl

Art comes alive at Allentown Art Museum

Andria Ahrens

Writer

As I got older, I started seeing myself and my memories in the art," Quinn Peltz, who's been visiting the Allentown Art Museum regularly for eight years, said. The museum hosts free events, inviting the community to



Cecily Traynor acts as Ann Penn Allen Stuart, a member of Allentown's founding family.

engage with the work it displays in a meaningful way.

Art Comes Alive! took place on February 10, 2019, the fifth year it has occurred. It is a free, educational function in which docents with the Society of the Arts (SOTA) dress up as artworks and interact with guests. SOTA is a women's organization and its docents are volunteer tour guides who fund and organize many of the museum's exhibits and events.

The works chosen to come alive this year reflect the theme: art tells a story. For example, "Standard Bearer" (1519) and "Ann Penn Allen Stuart" (1795) encourage guests to interact with the richness of global and local history. "Lehigh-ton" aims to demonstrate Franz Klein's journey to becoming a famed abstractionist. A reading of "The Boy Who Just Kept Drawing" by Kay Har-

ing was presented next to one of Keith Haring's untitled sculptures to show children the power of persistence.

All the docents in costume agree that "Art Comes Alive!" makes art more approachable for children because it strips the subject of its usual formality. Instead of trying to read the lengthy explanations plastered next to the paintings or listening to video monitors, children can interact with the paintings in real life.

Even adults appreciated the fun. Camille Ovando who knew Haring when he was active in New York City says she's, "so thrilled that the next generation can feel the love and see how daring he was."

"You can imagine whatever you want with his art," Peltz, whose favorite artwork that came live was also Haring's sculpture, agrees.

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